



Protein Pancakes for Athletes

Packed full of protein, this breakfast option feels like a treat but is also healthy. Ideal for Shrove Tuesday! Super simple, quick and guilt free.

Serves: 1, Prep time: 00:02, Cook time: 00:05

Instructions

1. Blend together the eggs, banana and protein powder
2. Heat up a frying pan with your oil and slowly fry off the batter in small pancakes or one big pancake
3. Top with Greek yoghurt and fresh fruit or toppings of your choice. I like Blueberries and Strawberries.

Kcals per serving: 294

Carbs per serving: 18g

Fat per serving: 24g

Protein per serving: 17g

Nutritional values based on toppings of Greek yoghurt and berries.

Ingredients

- 2 Eggs
- 1 Banana, yellow, Medium, ripe
- 30 grams Protein powder, Your choice (1 oz)
- 1 teaspoon Olive oil, or Coconut oil

*All of the nutritional values listed, are an approximate guide calculated from My Fitness Pal and may vary depending on the brand of the products used.

For a FREE recipe book click
[here](#) [Chili Tri](#)